DAFTAR PUSTAKA

1. WHO expert consultation, Appropriate body-mass index for Asian populations and its implications for policy and intervention strategies, Lancet 2004; 363: 157–63.

2. Malaysian Dietary Guidelines, Ministry Of Health Malaysia, Diundah dari http://www.moh.gov.my/ images/ gallery/ Garispanduan/ diet/ KM3.pdf, diakses September 2017

3. Martin Ck, Church Ts, Thompson Am, Exercise Dose And Quality Of Life : A Randomized Controlled Trial. Arch Intern Med 2009 : 169:269-278

4. Stewart KJ, Physical Activity And Aging, Annals Of The New York Academy Of Sciences 2005;1055:193-206

5. Brownson RC, Boehmer TK, Luke DA.2005. Declining Rates Of Physical Activity In The United States: What Are The Contributors? Annu Rev Public Health 26:421-43

6. Hill JO, Wyatt HR. 2005. Role Of Physical Activity In Preventing And Treating Obesity. J. Appl. Physiol. 99:765-70

7. US National Heart, Lung and Blood Institute, US Deparment of Health and Human Services 2018, diundah dari https://www.nhlbi.nih.gov/health-topics/physical-activity-and-your-heart, diakses Juni 2018

8. TY, Rana JS, Manson JE, Willet WC, Stamfer MJ, et al. 2006. Obesity As Compared With Physical Activity In Predicting Risk Of Coronary Heart Disease In Women. Circulation 113:499-506

9. US Dep. Health Hum Serv. 1996, Physical Activity and Health: A Report of the Surgeon General. Atlanta: Cent. Dis. Control Prev, Diundah dari http://www.cdc.gov/nccdphp/sgr/sgr.htm, Diakses Juni 2018

10. Wei M, Kampert JB, Barlow CE, Nichaman MZ, Gibbons LW, et al. 1999. Relationship between low cardiorespiratory fitness and mortality in normal-weight, overweight, and obese men.JAMA 282:1547-53

11. Office On Women's Health, Office Of The Assistant Secretary Of Health, Us Department Of Health And Human Services 2018, diundah dari https://www.girlshealth.gov/fitness/exercise/levels.html. Diakses Juni 2018

12. Department of Health & Human Services, State Government of Victoria, Australia 2018, diundah dari https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-health-benefits, Diakses Juni 2018

13. Dairy Council Of California 2018, diundah dari https://www.healthyeating.org/Healthy-Eating/Healthy-Living/Physical-Activity/Article-Viewer/Article/238/types-of-physical-activity, Diakses Juni 2018

14. U.S. Deparrment of Health & Human Services 2015, diundah dari https://www.cdc.gov/healthweight/physical activity/index.html, diakses Juni 2018

15. Lee RE, Goldberg JH, Sallis JF, Hickmann SA, Castro CM, Chen AH. 2001. A prospective analysis of the relationship between walking and mood in sedentary ethnic minority women. Women Health 32:1-15

16. Fogeholm M, Kukkonen-Harjula K. 2000. Does physical activity prevent weight gain-a systematic review. Obes. Rev. 1:95-111

17. Tate D, Jeffery R, Sherwood N, Wing R, Long-Term Weight Losses Associated With Prescription Of Higer Physical Activity Goals:Are Higer Levels Of Physical Activity Protective Against Weight Regain?Am J Clin Nutr 2007;85:954-959

18. Bouchard C, Tremblay A, Nadeau A, Dussault J, Despres JP et al 1990. Long term exercise training with constant energy intake. 1:Effect on body composition and selected metabolic variables.Int. J. Obes. 14:57-73

19. Ross R, Dagnon D, Jones P, et al, Reduction In Obesity And Related Cormobidities After Diet Induced Weight Loss Or Exercise Induced Weight Loss in men. Ann Intern Med 2000;133:92-103

20. New York State Department Of Health 1999, diundah dari https://www.health.ny.gov/diseases/chronic/cvd.htm, Diakses Juni 2018

21. Pate RR, Pratt M, Blair SN, et al. Physical activity and public health: a recommendation from the Centers for Disease and Prevention and the American College of Sports Medicine. JAMA 1995;273:402–7.

22. US Department of Health and Human Services. Physical activity and health: a report of the Surgeon General. Atlanta: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996

23. Julien S. Baker, Marie Clare McCormick, Robert A. Robergs, Interaction among Skeletal Muscle Metabolic Energy Systems during Intense Exercise, Hindawi Publishing Corporation Journal of Nutrition and Metabolism Volume 2010, Article ID 905612, 13 pages

24. World Health Organisation 2018, Diundah dari http://www.who.int/topics/physical_activity/en/, Diakses Febuari 2018

25. Department of Kinesiology, Kansas State University, Diundah dari https://www.k-state.edu/kines/kineseducation/whatispa.html, Diakses Febuari 2018.

26. Donnelly JE, Jacobsen DJ, Heelan KS, Seip R, Smith S (2000) The effects of 18 months of intermittent vs. continuous exercise on aerobic capacity, body weight and

composition, and metabolic fitness in previously sedentary, moderately obese females. Int J Obes Relat Metab Disord 24: 566-572.

27. World Health Organisation 2018, Diundah dari http://www.who.int/dietphysicalactivity/physical_activity_intensity/en/, Diakses Febuari 2018

28. U.S Department of Health and Human Services 2017, Diundah dari https://health.gov/paguidelines/guidelines/appendix1.aspx, Diakses November 2017

29. ET Howley, Type Of Activity:Resistance, Aerobic And Leisure Versus Occupational Physical Activity, Medicine And Science In Sports And Exercise, American College Of Sports Medicine 2001,33(6 Suppl):S364-9;Discussion S419-20

30. Malaysian Dietary Guidelines, Ministry Of Health Malaysia, Diundah Dari http://www.moh.gov.my/ images/ gallery/ Garis panduan/ diet/ KM3.pdf, Diakses September 2017.

31. Fiatarone MA, Marks EC, Ryan ND, Meredith CN, Lipsitz LA, et al (1990) High intensity strength training in nonagenarians. Effects on skeletal muscle. Jama 263: 3029-3034

32. Tarnopolsky MA, Parise G, Yardley NJ, Ballantyne CS, Olatinji S, et al. (2001) Creatine-dextrose and protein dextrose induce similar strength gains during training. Med Sci Sports Exerc 33: 2044-2052

33. Parise G, Brose AN, Tarnopolsky MA (2005) Resistance exercise training decreases oxidative damage to DNA and increases cytochrome oxidase activity in older adults. Exp Gerontol 40: 173-180

34. Bua E, Johnson J, Herbst A, Delong B, McKenzie D, et al (2006). Mitochondrial DNA-deletion mutations accumulate intracellularly to detrimental levels in aged human skeletal muscle fibers. Am J Hum Genet 79: 469-480

35. Glagov S, Zarins C, Giddens DP, et al. Hemodynamics and atherosclerosis. Insights and perspectives gained from studies of human arteries. Arch Pathol Lab Med 1988;112:1018–31

36. Krause N, Brand RJ, Kaplan GA, et al. Occupational physical activity, energy expenditure and 11 year progression of carotid atherosclerosis. Scand J Work Environ Health 2007;33:405-2

37. Physical activity Guidelines for Americans 2008, Diundah dari https://health.gov/pageguidelines/pdf/paguide.pdf, Diakses Juli 2017

38. Physical Activity Guidelines for Americans 2008, Diundah dari https://www.cdc.gov/physical_activity/downloads/pa_fact_sheet_adult.pdf, diakses Juli 2017

39. Turner CH, Robling AG. Designing exercise regimens to increase bone strength. Exerc Sport Sci Rev 2003;31:45–50.

40. Hong Kong General Principles of Exercise Prescription 4_General Principles of Exercise Prescription. Diundah dari http://exerciserx.cheu.gov.hk/files/DoctorsHanbook_ch4.pdf

41. *WHO Regional Office for Europe 2017,* Diundah dari http://www.euro.who.int/ en/ health-topics/ disease-prevention/ nutrition/ a-healthy-lifestyle/body-mass-index-bmi, Diakses November 2017

42. Malaysian Association for the study of obesity (MASO), Defining obesity, Diundah dari http://www.maso.org.my/spom/chap3.pdf, Diakses Mac 2018

43. World Health Organisation 2006, Diundah dari http://apps.who.int/bmi/index.jsp?introPage=intro_3.html, Diakses Juli 2017

44. World Health Organization. WHO STEPS surveillance manual: the WHO STEPwise approach to chronic disease risk factor surveillance. Geneva, Switzerland: World Health Organization; 2005.

45. Bonnita R, de courten M, Dwyer T, Jamrozik K, Winkelmann R. Surveillance of risk factors for non-communicable diseases: the WHO STEP wise approach. Summary. Geneva: World Health Organization; 2001.

46. World Health Organization. Global strategy on diet, physical activity and health. In: In proceedings of the 57th world health assembly. Geneva, Switzerland: World Health Organization; 2004. p. 2–18.

47. Armstrong T, Bull FC. Development of the World Health Organization global physical activity questionnaire (GPAQ). J Public Health. 2006;14(2):66–70.

48. Kriska, A. M, and C. J. Caspersen. A collection of physical activity questionnaires for health related research. Med Sci Sports Exerc. 29:S1-S205, 1997

49. Pate, R.R, M. Pratt, S. N. Blair, et al. Physical Activity and public Health, JAMA 273:402-407, 1995

50. U.S. Department of Health and Human Services. Physical Activity and Health : A Report of the Surgeon General. Atlanta, GA:U.S. Department of Health and Human Services, Centers for Disease Control And Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996, pp. 146-148

51. Craig CL, Marshall AL, Sjostrom M, Bauman AE, Booth ML, Ainsworth BE, Pratt M, Ekelund U, Yngve A, Sallis JF, Oja P: International physical activity

questionnaire: 12-country reliability and validity. Med Sci Sports Exerc 2003, 35:1381-95.

52. Montoye HJ, Kemper HC, Saris WH, Washburn RA: Measuring physical activity and energy expenditure. Champaign, Human Kinetics. Ref Type: Serial (Book, Monograph) 1996.

53. Physical Activity Surveillance, Report from the WHO Physical Activity Global Surveillance Meeting, Diundah dari http://www.ccm-network.it/documenti_Ccm/convegni/Zurigo_OmsEuropa_2009/Guthold.pdf, Diakses Jun 2017

54. World Health Organisation 2018, Diundah dari http://www.who.int/mediacentre/factsheets/fs311/en/ Diakses Febuari 2018.

55. Ravussin E, et al. Effects of a traditional lifestyle on obesity in Pima Indians. Diabetes Care. 1994;17(9):1067–74.

56. Bhatnagar D, et al. Coronary risk factors in people from the Indian subcontinent living in west London and their siblings in India. Lancet. 1995;345(8947):405–9.

57. Shai I, Schwarzfchs D, Henkin Y, et al. Weight loss with a low-carbohydrate, Mediterranean or low-fat diet. N Engl J Med 2008;359:229-41.

58. I. S. Farooqi, J. M. Keogh, G. S. H. Yeo, E. J. Lank, T. Cheetham, and S. O'Rahilly, "Clinical spectrum of obesity and mutations in the melanocortin 4 receptor gene," The New England Journal of Medicine, vol. 348, no. 12, pp. 1085–1095, 2003.

59. R. J. F. Loos, C. M. Lindgren, S. Li et al., "Common variants near MC4R are associated with fat mass, weight and risk of obesity," Nature Genetics, vol. 40, no. 6, pp. 768–775, 2008.

60. Jennifer C. Collins, M.A, M.S and Jon E. Bentz, Ph.D, Behavioral and Physhological Factors in Obesity, Lancaster General Hospital Journal Winter 2009 - Vol.4, No.4

61. Ferster CB, Nurnberger JI, Levitt EB. The control of eating. J Mathematics. 1962;1:87-109

62. Daousi C, MacFarlane IA, English PJ, Wilding JP, Patterson M, Dovey TM, Halford JC, Ghatei MA & Pinkney JH. Is there a role for ghrelin and peptide-YY in the pathogenesis of obesity in adults with acquired structural hypothalamic damage? Journal of Clinical Endocrinology and Metabolism 2005 90 5025–5030

63. Sameera Karnik, Childhood Obesity: A Global Public Health Crisis , International Journal of Preventive Medicine 2012 Jan; 3(1): 1–7.

64. Holly R. Wyatt , Update on Treatment Strategies for Obesity, J Clin Endocrinol Metab, April 2013, 98(4):1299 –1306

65. S B Heymsfield, C A J van Mierlo, H C M van der Knaap, M Heo and H I Frier' Weight management using a meal replacement strategy: meta and pooling analysis from six studies, International Journal of Obesity 2003, May;27(5):537-49.

66. Klem ML, Wing RR, McGuire MT, Seagle HM, Hill JO. A descriptive study of individuals successful at long-term maintenance of substantial weight loss. Am J Clin Nutr 1997;66:239–46.

67. Yu-Poth S, Zhao G, Etherton T, Naglak M, Jonnalagadda S, Kris-Etherton PM. Effects of the National Cholesterol Education Program's Step I and Step II dietary intervention programs on cardiovascular disease risk factors: a meta-analysis. Am J Clin Nutr 1999;69:632–46.

68. Saris WH, Astrup A, Prentice AM, et al. Randomized controlled trial of changes in dietary carbohydrate/fat ratio and simple vs complex carbohydrates on body weight and blood lipids: the CARMEN study. The Carbohydrate Ratio Management in European National diets. Int J Obes Relat Metab Disord 2000;24:1310–8.

69. Atkins RC. Dr. Atkins' New Diet Revolution. New York: HarperCollins Publishers; 1999.

70. Nordmann AJ, Nordmann A, Briel M, et al. Effects of lowcarbohydrate vs low-fat diets on weight loss and cardiovascular risk factors—a meta-analysis of randomized controlled trials. Arch Intern Med. 2006; 166(3):285–293.

71. Sladden MJ, Johnston GA. Complete resolution of dermatitis herpetiformis with the Atkins Diet. Br J Dermatol 2006;154:565– 6.

72. Johanna T Dwyer, DSc, RD, Kathleen J Melanson, PhD, RD, LD, Utchima Sriprachy-anunt, MS, RD, Paige Cross, and Madelyn Wilson, Dietary Treatment of Obesity, De Groot LJ, Chrousos G, Dungan K, et al., editors.South Dartmouth (MA): MDText.com, Inc.; 2000-, 2015

73. Westerterp-Plantenga MS, Lejeune MP, Nijs I, van Ooijen M, Kovacs EM. High protein intake sustains weight maintenance after body weight loss in humans. Int J Obes Relat Metab Disord 2004;28:57-64.

74. Baba NH, Sawaya S, Torbay N, Habbal Z, Azar S, Hashim SA. High protein vs high carbohydrate hypoenergetic diet for the treatment of obese hyperinsulinemic subjects. Int J Obes Relat Metab Disord 1999;23:1202-6.

75. Parker B, Noakes M, Luscombe N, Clifton P. Effect of a high-protein, highmonounsaturated fat weight loss diet on glycemic control and lipid levels in type 2 diabetes. Diabetes Care 2002;25:425-30.

76. Layman DK, Boileau RA, Erickson DJ, et al. A reduced ratio of dietary carbohydrate to protein improves body composition and blood lipid profiles during weight loss in adult women. J Nutr 2003;133:411-7.

77. Roberts SB. High-glycemic index foods, hunger, and obesity: is there a connection? Nutr Rev. 2000; 58:163–169. [PubMed: 10885323]

78. Brand-Miller, J.; Wolever, TMS.; Foster-Powell, K.; Colagiuri, S. The New Glucose Revolution. New York, NY: Marlowe & Co.; 1996. p. 71-94.p. 173-195.

79. Physical Activity Guidelines for Americans, 2008, Diundah dari https://www.cdc.gov/physicalactivity/downloads/pa_fact_sheet_adults.pdf, Diakses Juli 2017.

80. Whitlock G, Lewington S, Sherliker P, et al. Body-mass index and cause-specific mortality in 900 000 adults: collaborative analyses of 57 prospective studies. Lancet 2009;373:1083–96.

81. Behrens G, Matthews CE, Moore SC, et al. Body size and physical activity in relation to incidence of chronic obstructive pulmonary disease. CMAJ 2014;186: E457–69.

82. Cao C, Wang R, Wang J, et al. Body mass index and mortality in chronic obstructive pulmonary disease: a meta-analysis. PLoS ONE 2012;7:e43892

83. National Health Services England 2018, Underweight Adults, Diundah dari https://www.nhs.uk/Livewell/Goodfood/Pages/Underweightadults.aspx, Diakses Mei 2018

84. Willett WC, Dietz WH, Colditz GA: Guidelines for healthy weight. N Engl J Med 1999, 341(6):427–434.

85. Thorogood M, Appleby PN, Key TJ, Mann J: Relation between body mass index and mortality in an unusually slim cohort. J Epidemiol Community Health 2003, 57(2):130–133.

86. Lucienne Roh , Julia Braun , Arnaud Chiolero, Matthias Bopp , Sabine Rohrmann , David Faeh, for the Swiss National Cohort Study Group, BMC Public Health 2014, 14:371

87. Sharma A, Vallakati A, Einstein AJ et al. (2014) Relationship of body mass index with total mortality, cardiovascular mortality, and myocardial infarction after coronary revascularization: evidence from a meta-analysis. Mayo Clin Proc 89, 1080–1100.

88. Schlesinger S, Siegert S, Koch M et al. (2014) Postdiagnosis body mass index and risk of mortality in colorectal cancer survivors: a prospective study and meta-analysis. Cancer Causes Control 25, 1407–1418.

89. Li T, Liu J, An S et al. (2014) Body mass index and mortality in patients on maintenance hemodialysis: a meta-analysis. Int Urol Nephrol 46, 623–631

90. Thorpe DL, Knutsen SF, Beeson WL, Fraser GE (2006) The effect of vigorous physical activity and risk of wrist fracture over 25 years in a lowrisk survivor cohort. J Bone Miner Metab 24: 476-483.

91. Cummings SR, Nevitt MC, Browner WS, Stone K, Fox KM, et al. (1995) Risk factors for hip fracture in white women. Study of Osteoporotic Fractures Research Group. N Engl J Med 332: 767-773.

92. Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids (macronutrients),*Protein and amino acids. Institute of Medicine, Food and Nutrition Board. http://www.nap.edu/books/0309085373/html/2002*

93. J. Tuomilehto, J. Lindström, J. G. Eriksson et al., "Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance," The New England Journal of Medicine, vol. 344, no. 18, pp. 1343–1350, 2001.

94. W. C. Knowler, E. Barrett-Connor, S. E. Fowler et al., "Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin," The New England Journal of Medicine, vol. 346, no. 6, pp. 393–403, 2002.

95. Jonathan Myers, Exercise and cardiovascular health, AHA Journal January 7, 2003;107:e2-e5.)

96. Ktzmarzyk PT, Lee IM. Sedentary Behavior and Life Expentancy in the USA: a cause-deleted life table analysis, BMJ Open, 2012, vol 2 pg.e000828 https://doi.org/10.1136/bmjopen-2012-000828

97. Deborah Anne Burton, FRCA Keith Stokes, BSc PhDGeorge M Hall, MBBS PhD DSc FRCA (2004) Physiological effects of exercise, *Continuing Education in Anaesthesia Critical Care & Pain*, Volume 4, Issue 6, Pages 185–188, https://doi.org/10.1093/bjaceaccp/mkh050

98. Chen CN, Chuang LM, Korivi M, et al. Home-based exercise may not decrease the insulin resistance in individuals with metabolic syndrome. J Phys Act Health 2015;12:74–9

99. Dipietro L, Dziura J, and Blair SN. Estimated change in physical activity levels (PAL) and prediction of 5-year weight change in middleaged men: the aerobics center longitudinal study. Med Sci Sports Exerc. In press

100. Leskinen T, Kujala UM. Health-related findings among twin pairs discordant for leisure-time physical activity for 32 years: the TWINACTIVE study synopsis. Twin Res Hum Genet 2015;18:266–72.

101. Waller K, Kaprio J, Kujala UM. Associations between long-term physical activity, waist circumference and weight gain: a 30-year longitudinal twin study. Int J Obes (Lond) 2008;32:353–61.

102. Piirtola M, Kaprio J, Waller K, Heikkila K, Koskenvuo M, Svedberg P, et al. Leisure-time physical inactivity and association with body mass index: a Finnish Twin Study with a 35-year follow-up. Int J Epidemiol 2016. doi: 10.1093/ije/dyw007 [Epub ahead of print].

103. Leskinen T, Sipila S, Alen M, Cheng S, Pietilainen KH, Usenius JP, et al. Leisure-time physical activity and high-risk fat: a longitudinal population-based twin study. Int J Obes (Lond) 2009;33:1211–8

104. Tudor-Locke C, Bassett Jr D. How many steps/day are enough? Sports Med. 2004;34:1-8.

105. Bravata DM, Smith-Spangler C, Sundaram V, et al. Using pedometers to increase physical activity and improve health. JAMA. 2007;298:2296-2304

106. Jean-Philippe Chaput, Lars Klingenberg, Mads Rosenkilde, Jo-Anne Gilbert, Angelo Tremblay, and Anders Sjödin, Physical Activity Plays an Important Role in Body Weight Regulation, Journal of Obesity, Volume 2011 (2011), Article ID 360257, 11 pages

107. C. A. Slentz, B. D. Duscha, J. L. Johnson et al., "Effects of the amount of exercise on body weight, body composition, and measures of central obesity: STRRIDE—a randomized controlled study," Archives of Internal Medicine, vol. 164, no. 1, pp. 31–39, 2004.

108. Wing RR, Venditti E, Jakicic JM, Polley BA, Lang W. Lifestyle intervention in overweight individuals with a family history of diabetes. Diabetes Care 1998;21:350–359.

109. VA Catenacci, Wyatt HR, The role of physical activity in producing and maintaining weight loss, Nat Clin Pract Endocrinol Metab. 2007 Jul;3(7):518-29

110. Brendan Egan, Juleen R. Zierath Exercise Metabolism and the Molecular Regulation of Skeletal Muscle Adaptation, Cell Metabolism 17, February 5, 2013

111. Jacob Jeppesen, Bente Kiens, Regulation And Limitations To Fatty Acid Oxidation During Exercise, *The Journal Of Physiology*, Mar 1;590(5):1059-68

112. Penilaian Status Gizi, Buku Ajar Gizi, Pusat Pendidikan Sumber Daya Manusia Kesihatan, Bdan Pengembangan Dan Kebudayaan, Sumber Daya Manusia Kesehatan, Edisi 2017, Kementerian Kesehatan Republik Indonesia. Diunduh dari http://bppsdmk.kemkes.go.id/pusdiksdmk/wp-content/uploads/2017/11/PENILAIAN-STATUS-GIZI-FINAL-SC.pdf, diakses Juni 2018.

113. Penuntun Skills Lab Blok 1.4 Pencernaan, Metabolisme Dan Hormon, Seri Ketrampilan Pemeriksaan Fisik, Pengukuran Antropometri Dewasa, Diunduh Dari Http://Repository.Unand.Ac.Id/18597/8/Penuntun%20skills%20lab%20blok%201.4.Pdf, Diakses Juni 2018

114. Tomarere, EL. Hubungan tingkat aktivitas fisik dengan lingkar pinggang dan indeks massa tubuh karyawan pusat administrasi FKUI usia 25 – 45 tahun. Jakarta : PS IKO ; 2011

115. Tiruneh G. The relationship between physical activity and body mass index: issues in model specification. International Journal On Disability and Human Development 2010; 8(3):267-75.

116. Suryana , Yulia Fitri, Hubungan Aktivitas Fisik Dengan Imt Dan Komposisi Lemak Tubuh, Jurnal AcTion: Aceh Nutrition Journal, November 2017; 2(2): 114-119

117. Ching PL, Willett WC, Rimm EB, Colditz GA, Gortmaker SL, Stampfer MJ. Activity level and risk of overweight in male health professionals. Am J Public Health 1996; 86(1):25-30.

118. DiPietro L, Williamson DF, Caspersen CJ, Eaker E. The descriptive epidemiology of selected physical activities and body weight among adults trying to lose weight: the Behavioral Risk Factor Surveillance System survey, 1989. IntJObes 1993; 17:69-76.

119. Williamson DF, Madans J, Anda RF, Kleinman JC, Kahn HS, Byers T. Recreational physical activity and ten-year weight change in a US national cohort. Int J Obes 1993; 17:279-86. JONNPR. 2016;1(1):36-41 41 DOI: nn.nnn/jonnpr.2016.1.1.935

120. Guomundsdottir SL, Oskarsdottir D, Franzson L, Indrioason OS, Sigurosson G. The relationship between physical activity, body mass index, body composition and grip strength in an Icelandic population. Laeknabladid. 2004; 90(6):479-86.

121. Centre for Disease Control and Prevention 2018, Physical Activity and health, Diundah dari https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm

122. Suiraoka, I., P. 2012. Penyakit Degenerative Mengenal, Mencegah, Dan Mengurangi, Faktor Resiko 9 Penyakit Degeneratif. Yogyakarta. Nuha Medika.

123. Firdaus, A. 2013. Hubungan Terjadinya Osteoporosis Pada Wanita Pasca Menopause Di Poli Klinik Bedah Tulang RSUD Dokter Soedarsono Pontianak. Artikel Untan. http//urnal.untan.ac.id./index/php/jfk/articl e/view3850

124. Ryoto, V. 2012. Hubungan Antara Otot Gemggam Dengan Umur, Tingkat Kemandirian, Dan Aktivitas Fisik Pada Lansia Wanita Klub Geriatric Terpilih Jakarta Utara. Skripsi. Depok. Fakultas Kesehatan Masyarakat Universitas Indonesia

125. V. A. Catenacci, L. G. Ogden, J. Stuht et al., "Physical activity patterns in the national weight control registry," Obesity, vol. 16, no. 1, pp. 153–161, 2008.

126. Wareham NJ, van Sluijs EM, Ekelund U. Physical activity and obesity prevention: a review of the current evidence. Proc Nutr Soc 2005;64:229–47

127. Bauman AE. Updating the evidence that physical activity is good for health: an epidemiological review 2000-2003. J Sci Med Sport 2004;7(1 Suppl.):6–19.

128. Lee IM, Djousse L, Sesso HD, et al. Physical activity and weight gain prevention. JAMA 2010;303:1173–79.

129. Saris WH, Blair SN, van Baak MA, et al. How much physical activity is enough to prevent unhealthy weight gain? Outcome of the IASO 1st Stock Conference and consensus statement. Obes Rev 2003;4:101–14